The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

If you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to avoid spreading the disease to others.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose, or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least six feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

HOW DO I KNOW IF I WAS EXPOSED?

You generally need to be in close contact with a person who has COVID-19.

WHAT COUNTS AS A CLOSE CONTACT?

- You were within six feet of someone who has COVID-19 for <u>a total of 15 minutes or more</u> over a 24-hour period.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with someone who has COVID-19 (e.g. hugging, kissing).
- You shared eating or drinking utensils with someone who has COVID-19.
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

SHOULD I GET TESTED FOR COVID-19 AND WHEN?

- If you have had close contact with someone with COVID-19 <u>and have symptoms</u>, get tested as soon as possible.
- If you have had close contact with someone with COVID-19 and <u>do not have symptoms</u>, get tested <u>no sooner than</u> five days after contact.
- If you think you have had close contact with someone with COVID-19 but are not sure, get tested <u>no sooner than</u> five days after contact.
- If you have been in a high-risk situation, such as large group gatherings, especially with limited social distancing and/or few people wearing masks, get tested for COVID-19 <u>no sooner than</u> five days after contact.

ANSWER THE CALL

Your local health department will reach out to you if you are identified as a close contact during contact tracing. Working with the local health department is the best way to protect your family and friends from COVID-19.

WHERE TO GET TESTED

You can contact your health care provider to ask about getting tested. For a list of upcoming free testing sites, pharmacies that provide drive-through testing at no charge, and other testing opportunities and site-specific information, visit www.coronavirus.wv.gov. Some testing sites require a physician's order; however, drive-through testing sites are frequently available that do not require a physician's order.

Questions about testing can answered by the WV Coronavirus Hotline, 1-800-887-4304.

STAY HOME AND MONITOR YOUR HEALTH

- **Stay home ("self-quarantine") for 14 days after your last contact with someone who has COVID-19.** To avoid spreading COVID-19, stay away from others, especially people who are at higher risk for getting very sick. If this is not possible, wear a mask while around others. Do not go to work,* school, or other settings where multiple people are present such as indoor church services, indoor dining, or social gatherings. Do not take public transportation, taxis, or ride-shares.
- **If you test negative during your quarantine period, you will still need to complete your full 14-day quarantine before it is safe to go back to work or be around others**. Getting tested for COVID-19 can help to identify infections quickly, but a negative test result before the end of the 14-day period does not rule out possible illness. Symptoms can appear 2 to 14 days after being exposed to the COVID-19 virus.
- **Monitor your health**. Take your temperature with a thermometer two times a day (once in the morning, once at night) and watch for fever (>100.4°F). Also, watch for other signs and symptoms of COVID-19, such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell.

*People with certain jobs (e.g., critical infrastructure workers) *may* be allowed to go to work after being exposed to COVID-19 if the business cannot operate without them. However, they can *only* go to work if they do not have any symptoms and if additional precautions are taken to protect them and the community.

WHAT IF I GET SICK?

- If you get sick with fever, cough, or shortness of breath (even if your symptoms are very mild) during the 14 days after close contact with someone who has COVID-19, you likely have COVID-19. Most people have mild illness and are able to recover at home.

- You should isolate yourself at home and stay away from other people for 10 days after your symptoms began.
- Isolation can be discontinued after 10 days **IF** you are fever free for 24 hours without the use of fever-reducing medications **AND** your symptoms have improved.
- Always wear a mask if you have to be around someone.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor if you are at increased risk of severe illness. Call before you seek medical care.

SHOULD I SEEK MEDICAL ATTENTION?
Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list does not include all the possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

ADDITIONAL INFORMATION

Tested Positive? See DHHR guidance, What to do if you have tested positive for COVID-19.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304